

push-ups, jogs in place while laying down, and works out with a speed chair, the kind of wheel chair used in racing competitions.

Stating that most people quit exercising because of boredom with their routines, Stephenson makes certain to alternate his workout regularly.

Stephenson reported that since he started his new nutrition program and exercise regime, "I believe that I'm a lot stronger. When I'm reaching for something, I don't feel like a bone is about to break. I feel more confident. I can now lift my own body so I know I'm stronger."

For the first time in his life, Stephenson said, he has been able to go down the stairs in his home un-aided. He observed, "It's amazing what I have been able to do." Stephenson said, "I was never told with my disorder to work out. I have had hundreds of broken bones. If I had been told to do things to strengthen my muscles in order to reduce my risk of broken bones, I would have done this years ago."

While his ongoing goal is to increase his bone density, Stephenson's long-term goal is to strengthen his muscles enough to enable him to live independently.

In what he admitted is a "wild theory" Stephenson also hopes to decrease the chances of passing on his disorder to his future children. He explained that he feels he can do this if his "body is in the best possible shape."

Stephenson now plans to use his personal experiences leading up to his lifestyle change in his inspirational speaking. He said, "If I can work out, and I have a billion and one reasons not to, then a healthy person definitely should."

Stephenson continued, "Exercising is not just for Arnold Schwarzenegger, it's for everyone. I could always say I break really easily or it's not as if I will look any stronger. I could rattle off a million of excuses and people would say I'm probably right. But I have to put myself at the same standard of health or even above if I want to be judged with everyone else."

Stephenson stated, "I look completely different than the average fitness buff. People look at me and think 'If a guy in a wheel chair can do it I need to get off my duff and do it.' I think it motivates them more than when they hear it from someone who has giant muscles. They look at me and see that even though I have things going against me, I'm willing to get out there and make the best of my own body."

Stephenson concluded, "Look at me, I'm 2'10 and I am in a wheelchair and I have every reason in the world not to work out. But I do. Why? Because I believe you need to use what you were given in life."

HONORING EMILY SANCHEZ

HON. ELIOT L. ENGEL

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

Wednesday, October 6, 1999

Mr. ENGEL. Mr. Speaker, certainly one of the most important things we can do for our children is to pass on our knowledge to them. Emily Sanchez is someone who has done that. She has been a member of Community School Board 11 for 16 years, twice in that time serving as president of the Board. She also served as Board Secretary and chair of the budget, finance, curriculum and continuing education, personnel and zoning committees.

She hit the ground running at the School Board by leading the fight in her first term to

keep I.S. 180 open when the Central School Board wanted to close it.

She did not limit her activities to the School Board. She is also a member of Community Advisory Boards of the Jacobi Medical Center and chair of the AIDS and Support Services Committees, a member of Montefiore Medical Center as well as a member of the Co-op City Democratic Club and the Hispanic Society of Co-op City.

She did not run for re-election to the School Board and this is a loss we will feel for a long time. I want to wish her, her husband and their two sons the very best in the future and say that I and the community will dearly miss her ability and her leadership.

IN HONOR OF UNITED STATES CUSTOMS SERVICE PORT OF CLEVELAND

HON. DENNIS J. KUCINICH

OF OHIO

IN THE HOUSE OF REPRESENTATIVES

Wednesday, October 6, 1999

Mr. KUCINICH. Mr. Speaker, I rise today to honor the Bicentennial Celebration of the United States Customs Service Port of Cleveland.

The United States Customs Service Port of Cleveland has worked hard for two centuries to make the Port of Cleveland a respected and renowned international port. Due to their extraordinary efforts in making the Port of Cleveland a success, the City of Cleveland has flourished and become a distinguished international trade center for the new millennium.

Following in the tradition of the United States Customs Mission Statement, the employees at the Port of Cleveland truly are the guardians of Cleveland's borders, the Nation's borders and America's frontline. For the past two hundred years, the Port of Cleveland has indeed served and protected the American Public with integrity, innovation, and pride. Furthermore, the Port of Cleveland has achieved the purpose of enforcing the laws of the United States, safeguarding revenue, and fostering lawful international trade and travel.

Not only has the Port of Cleveland fulfilled their goals outlined in their mission statement, but they have recently won the Hammer Award for their leadership in bringing national attention to the Express Consignment Industry. Placing the U.S. Customs Port of Cleveland at the forefront of trade processing, the Port of Cleveland is sure to serve as a model to be exemplified by other U.S. Customs Service Ports of Entry. Congratulations to the United States Customs Service Port of Cleveland for two hundred years of hard work, service, and dedication.

My fellow colleagues, join me in honoring the Bicentennial Celebration of the United States Customs Service Port of Cleveland.

PROFILES OF SUCCESS HONORS MR. SILVESTRE HERRERA

HON. ED PASTOR

OF ARIZONA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, October 6, 1999

Mr. PASTOR. I rise before you today to pay tribute to a man who has been a lifelong ex-

ample of the courage and patriotism of the Latino soldier, Mr. Silvestre Herrera. Mr. Herrera is one of the few Mexican-Americans to earn the Congressional Medal of Honor. In Arizona, Mr. Herrera recently received the Hall of Fame Award at the Valle del Sol's Annual Profiles of Success Leadership Awards. Valle's award ceremony is the premiere Latino recognition event in Arizona each year that acknowledges Arizona's leaders and their contributions.

Silvestre's courageous actions in World War II display acts of great personal and physical sacrifice to support his fellow soldiers during combat in France. Then PFC Silvestre S. Herrera, Company E, 142nd Infantry Regiment, 36th Division, attacked two enemy strong points and captured eight enemy soldiers. He paid a high price for his bravery. He stepped on a land mine and had both feet severed. But despite intense pain and unchecked loss of blood, he pinned down the enemy with accurate rifle fire while a friendly squadron captured the enemy gun by skirting the minefield and rushing in from the flank.

In addition to being a two-time winner of a Profiles of Success award—he first won in the Special Recognition category—Silvestre has used his position as a recipient of one of the nation's highest honors for heroism to promote the Latino community in everything he does. From speaking to schoolchildren to representing veterans in military parades, he continues to give selflessly to the community of his time and wisdom.

Although he has been honored numerous times for his magnificent courage, extraordinary heroism and self-sacrifice, I ask you to again join me in paying tribute to a man who is a symbol of the courage shown by Mexican-Americans during our nation's wars. Please join me in thanking him and wishing him continued success.

TRIBUTE TO UNIVISION COMMUNICATION'S WXTV/CHANNEL 41

HON. JOSÉ E. SERRANO

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

Wednesday, October 6, 1999

Mr. SERRANO. Mr. Speaker, I rise today to pay tribute to Univision Communication's WXTV/Channel 41 for its continuing service to the Latino community in New York. In addition to its popular news program, "Noticias 41", today the station will launch New York's first early morning Spanish-language newscast, from 6 a.m. to 7 a.m.

Mr. Speaker, I ask my colleagues to join me in paying tribute and wishing continued success to Univision Communication's WXTV/Channel 41.

The following article, which appeared in the October 4 New York Daily News, discusses Univision and Channel 41 in more detail.

NEW YORK UNIVISION AFFILIATE LAUNCHES MORNING SPANISH-LANGUAGE NEWSCAST

At the Spanish-speaking Otero home in midtown Manhattan, David Otero doesn't have to think twice when asked about the family's favorite TV station.

"Channel 41—it's out of sight," said the bilingual 27-year-old. "My mother likes the novelas and I like the comedies."

So do tens of thousands of Hispanic New Yorkers who have made Univision Communication's WXTV/Channel 41 the metro area's